



The Journal

Vol. 28

No. 31

www.dcmilitary.com/journal/

August 4, 2016

How to Avoid Mosquito Bites

By **MC3 WILLIAM PHILLIPS**
NSAB Public Affairs staff writer

Summer ushers in longer days, sweltering heat and family vacations. It also delivers pests, specifically mosquitoes.

Along with them, mosquitoes bring diseases such as malaria, yellow fever, Zika and West Nile virus (WNV). That is why it's extraordinarily important for service members to do their part in helping to prevent mosquitoes from even being born.

"Mosquitoes don't need very much water to breed in," said Army Maj. Janeen Mathies, Chief of Walter Reed National Military Medical Center's

Environmental Health. "If left alone long enough, even something as small as a soda bottle cap can be a breeding site for mosquitos."

There are some places that people might not think to look that could contribute to the cultivation of more and more mosquitoes.

"Tires [that aren't in use], are a prime breeding spot," said Mathies.

Tarps are another place that mosquitoes may breed.

"If you have a tarp over a woodpile in your backyard and it rains and

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PHOTO BY JAMES GATHANY/CDC

An *Aedes aegypti* mosquito feeds. Only the females feed on blood.

Medical Students Test Knowledge During Combat Exercise



MC3 WILLIAM PHILLIPS

The Uniformed Services University of the Health Sciences held its Advanced Combat Medical Experience (ACME) Training Exercise aboard Naval Support Activity Bethesda July 26.

By **ANDREW DAMSTEDT**
NSAB Public Affairs staff writer

The woods near the Uniformed Services University of the Health Sciences (USU) have been turned into a simulated battlefield as second-year medical students complete the Advanced Combat Medical Experience (ACME)

The first round of students started the course the week of July 25, where they not only went through the course, but learned how to become teaching assistants for their peers who are set to go through the course beginning Aug. 8.

This is the third year that the ACME course has been offered and it's designed to test the medical student's knowledge received during their first year of school and have them practice in a combat scenario.

"The main point of the course is we're trying to teach tactical combat casualty care, which is battlefield medicine," said USU Assistant

Professor Dr. Craig Goolsby, the ACME course director. "We're trying to teach things that are necessary to make that successful – how to communicate in high-stress, high-stakes environments, how to do the medical procedures and interventions necessary to save soldiers' lives on the battlefield."

The medical students came under fire, returned fire and provided basic medical interventions to a couple of critically wounded service members.

"I think we did a good job of communicating – closed-loop communication," said Army 2nd Lt. Ford Lannan. "I think we did a good job of communicating back and forth, distributing the tasks up."

He worked with Navy Ensign Kayla Torrez Chang as they treated an individual with a blast injury.

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Construction Update



Editor's note: This is the second in an ongoing series of articles that are published on this page in the first issue of The Journal each month and provide updates on construction projects occurring on Naval Support Activity Bethesda (NSAB).

Construction upgrades at Walter Reed National Military Medical Center (WRNMMC) and NSAB began in late 2015 and are expected to continue for the next 7 to 10 years.

Here you'll find useful information ranging from project announcements and updates to road closures and detours; impacts to pedestrians, vehicles, parking and facilities; and

stories and news about the diverse team of professionals who make these projects.

A covered walkway is being constructed to support movement between Bldg. 62 and Bldg. 19 along with a bus shelter to provide a covered area to wait for busses.

The covered walkway starts at the western exits of Bldg. 62 and will include the front of Bldg. 60 and 61. The walkway will continue on crossing North Palmer Rd. and connect to the eastern sidewalk at the America Building and the America Garage.

The walkway is mostly for the Wounded Warriors, to help them

get from their lodging (Bldg. 62) to the hospital [Walter Reed National Military Medical Center]. There wasn't anything to keep them out of the elements if they were walking to their medical appointments.

The walkway is scheduled for completion in September after about a year of construction.

As we work to accomplish these construction projects and minimize impacts to patients, staff and visitors, whether as pedestrians or drivers, we ask for your understanding, cooperation and patience. Please check back here next month for more updates.

Bethesda Notebook

Officer Symposium

An Officer Symposium will be held Aug. 19 from 8 a.m. to noon in Memorial Auditorium. All officers are encouraged to attend. Guest speakers will highlight the current climate as well as challenges and opportunities about the future of the Military Health System. Break-out sessions after lunch will be from 1 to 4 p.m. For more information, contact Lt. Cmdr. Lakesha A. Chieves at lakesha.a.chieves.mil@mail.mil.

TeamSTEPP Training

A two-day train-the-trainer course for TeamSTEPPS is scheduled for Sept. 8-9 from 8 a.m. to 4:30 p.m. in the Heroes Zone, Bldg. 4, fourth floor, room 4027. TeamSTEPP is designed to improve patient outcomes by improving communication and teamwork skills. To register or for more information, contact Hospital Education and Training (HEAT) at classregistration@health.mil, or at 301-319-5209.

WRNMMC Leadership Academy

The next Walter Reed Bethesda Leadership Academy meets Aug. 22-26 at Walter Reed National Military Medical Center. The academy is designed for service chiefs, clinic managers, division officers, senior enlisted leaders, leading petty officers, team leaders and assistants. Areas covered will include leadership and development, quality improvement, personnel management, 21st Century Healthcare and more. Additional information is available at <http://tinyurl.com/WRNMMC-LA-RBCT>.

Published by offset every Thursday by DC Military, 29088 Airpark Drive, Easton, MD 21601, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color,



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News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-921-2800. Publisher's advertising offices are located at DC Military, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 301-645-0900.

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PHOTO BY HARVEY DUZE

Canines in the facility dog program at Walter Reed National Military Medical Center offer patients, their families and staff “unconditional love and support, the ability to bring a smile to the face or just provide a brief minute of respite during their daily rounds at WRNMMC.”

Facility Dogs Bring Joy, Restoration

By **KALILA FLEMING**
WRNMMC PAO intern

Four-legged friends at Walter Reed National Military Medical Center (WRNMMC) offer patients, staff and visitors, moments of joy, calm and a respite from stress some may experience at the nation’s flagship medical center.

While the six dogs — a German shepherd, Labradors and Golden Retrievers — make their daily rounds at WRNMMC, they spread cheer to most people they encounter. The calm, friendly and passionate demeanors of the canines provide a unique animal-assisted therapy service for people of all ages, according to the program officials. The dogs and their trained handlers offer an interactive experience between themselves and others, helping to reduce anxiety and increasing feelings of well-being,

they added.

In 2007, Navy Capt. David Bitonti, then deputy commander for integration and transition at the National Naval Medical Center, WRNMMC’s predecessor, established the facility canine program. He explained, “[It] is one additional asset in our ability to provide patient-and-family-centered world class care to our beneficiaries, while at the same time assisting our staff resiliency programs so that our members can better care for themselves and our patients.

“These dogs have a unique way of reaching and touching patients and staff in ways that no human can. Their unconditional love and support, the ability to bring a smile to the face or just provide a brief minute of respite from an otherwise strenuous and emotional day, is

their niche, and I truly believe they are the best at it,” said Bitonti, who retired in 2015 after serving as commanding officer of Navy Support Activity Bethesda (NSAB), home to WRNMMC, for two years.

The canines in the program receive military rank and represent one of four military branches (Army, Navy, Air Force and Marines) when they begin their tenure here. Named to honor military leaders and deceased family members, the various breeds, each with their own personality, are adored throughout the hospital, explained program officials.

Laura Lee Barry is the matriarch of the canine team, and the gentle-spirited golden retriever wears Navy vice admiral rank on her vest while on duty at WRNMMC. Bobbie Bitonti is the resilient lab and serves as a Navy rear admiral.

Goldie Connor-Barry is a golden retriever, as well as a major in the Air Force. Army 1st Lt. Annie Fox is a vivacious lab and named after the first woman to receive the Purple Heart for combat. The stoic German shepherd Archie O’Connor serves as a gunnery sergeant in the Marines. The youngest and newest member of the pack, Command Sgt. Maj. Truman, serves in the Army and brings a youthful spirit to his work at WRNMMC.

These furry helpers make an instantaneous impact on whomever they met, said Amy O’Connor, Archie’s owner and a Healthcare Resolution specialist at WRNMMC. Others with first-hand experience, such as the dogs’ handlers, agree the canines have had a positive



MC3 WILLIAM PHILLIPS

Rahel Mangestah, Navy Lodge guest services lead, was recognized for outstanding customer service at the Navy Lodge aboard Naval Support Activity Bethesda July 29.

Navy Lodge Employee Recognized for Exceptional Customer Service

By **ANDREW DAMSTEDT**
NSAB Public Affairs staff writer

It was a busier than normal day in the lobby at the Navy Lodge onboard Naval Support Activity Bethesda (NSAB), but nothing that seemed out of the ordinary to guest services lead Rahel Mangestah.

She's used to helping guests as part of her job, but one person noted in a letter that she went above and beyond what was expected. The letter described how the lobby was full of people who needed help.

"She was on the phone, there was a pizza delivery person in the lobby and

an elderly couple was waiting to check in and then myself," the letter writer wrote. "Then a young veteran came to the lobby to pick up his pizza. He was new to his wheelchair and was having trouble maneuvering the chair and holding his pizza.

"Rahel immediately took charge of the situation. She quickly finished the phone conversation, she came around the desk and shook hands with the elderly couple, showed them the coffee and said 'I'll be right back,' and told them no matter who came in while she was gone, no matter how many times the phone rang, the elderly couple was next. It was amazing at how she put

their mind at ease and made them feel not only important but secure."

After assisting the letter writer with a reservation, she told the veteran, "Let me assist you, we're family here" where she took the pizza and walked with the veteran to his room.

The Navy Lodge recognized Mangestah with a plaque and a gift certificate for her exceptional customer service July 28, but Mangestah credited the other Navy Lodge employees, saying "I could do nothing that I'm doing without everybody here."

"It's nice to be acknowledged sometimes, in an industry where you have so many issues coming at

you at once," she said. "It's nice to be appreciated."

Mangestah, who's worked at the Navy Lodge for three years, said she remembers that day but said she didn't think that she was doing anything out of the ordinary.

"I just thought that it was a typical day for me where it just happened to be a little bit busier," Mangestah said.

Anna Herrera-Ruiz, Navy Lodge Bethesda general manager, said Mangestah exemplifies "the spirit of hospitality" and put into action Navy Lodge Bethesda's mission to ensure warfighters have a caring environment for healing and wellness.

MOSQUITO

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that water sits in little places on your tarp; that is another place where mosquitoes could breed," said Mathies.

Naval Support Activity Bethesda (NSAB) is doing its part to help prevent mosquitoes from appearing.

"Our environmental health experts go and investigate; we do surveys of any potential breeding sites, we try to find areas that may have standing water, may have active larvae or fly infestation and then we do preventive measures," said Ron Kunz,

NSAB's installation emergency manager. "NSAB is laying down larvacide that will sit and kill any larva that is in that area."

According to Kunz, NSAB is cutting down the brush and vegetation and are cleaning drains that are prime areas for standing water, which enables mosquitoes to grow.

It is impossible to kill all the mosquitoes, but there are ways to help keep you and your family safe when it comes to being bitten and contracting diseases.

"If you are going to be outside, wearing long sleeves and long pants can go a long way in preventing mosquito bites," said Mathies. "You want to wear insect repellent. The CDC [Centers for

Disease Control and Prevention] recommends using products with DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-menthane-diol."

Mosquitoes can even bite when you are not outside.

"If you don't have air conditioning, you want to make sure your screens are all intact," said Mathies.

According to Mathies it is important for service members to protect themselves from mosquito bites because no matter what NSAB is doing to protect its service members onboard, mosquitoes can still bite you when you go somewhere in town.

For more information about mosquitos and how to prevent them, visit <http://www.cdc.gov/Features/stopmosquitoes/index.htm>.



MC3 WILLIAM PHILLIPS

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STUDENTS

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“There was a couple of skills that we need to continue practicing and working on, but overall for our first run, I think we rocked it,” Lannan said.

Torrez Chang said she thought they did really well communicating with each other.

“I’ve been in other groups that weren’t assigned as teams, and they did not communicate nearly as well so it’s really good that we kind of meshed and were all on the same sheet of music, so that helped,” she said.

Air Force Col. (Dr.) Terry Lonnergan, an instructor observer, reviewed how the teams did after completing the scenario, which he said they did fairly well for their first time.

“This is about being systematic in your approach to somebody who is massively injured,” he said. “In that system there are about six or eight things that you want to do in a certain order to keep somebody alive to get them to the hospital. This is about field care.”

While he said the students did well in the exercise, he noted that there is always room to improve. A lot of it, he said, is “seeing it 1,000 times.”

“A lot of it is experience, repetition and recognizing the patterns that you see in injured folks,” Lonnergan said. “So I think that’s what they can do better and that’s why we’re doing this. It’s recognizing patterns and making it automatic.”

The 24 students preparing to become teaching assistants not only complete the course, but also learn how to become a teacher by taking extra courses such as adult education theory.

“By doing all of this and having a more intensive experience than the regular student class will, we are getting them ready to help teach their peers,” Goolsby said.

Another part of the course takes place in the classroom where Wounded Warriors relate their experiences being treated while injured on the battlefield.

“I think that this is one of the things that makes USU a truly unique medical school,” Goolsby said. “Our students learn all the same things they learn at any other medical school, but they also get to practice battlefield medicine and develop that culture of being a military medical officer.”



MC3 WILLIAM PHILLIPS

The Uniformed Services University of the Health Sciences held its Advanced Combat Medical Experience (ACME) Training Exercise aboard Naval Support Activity Bethesda July 26.

Are you a military family who has a child with a chronic condition between the ages of 8 and 17 years old?

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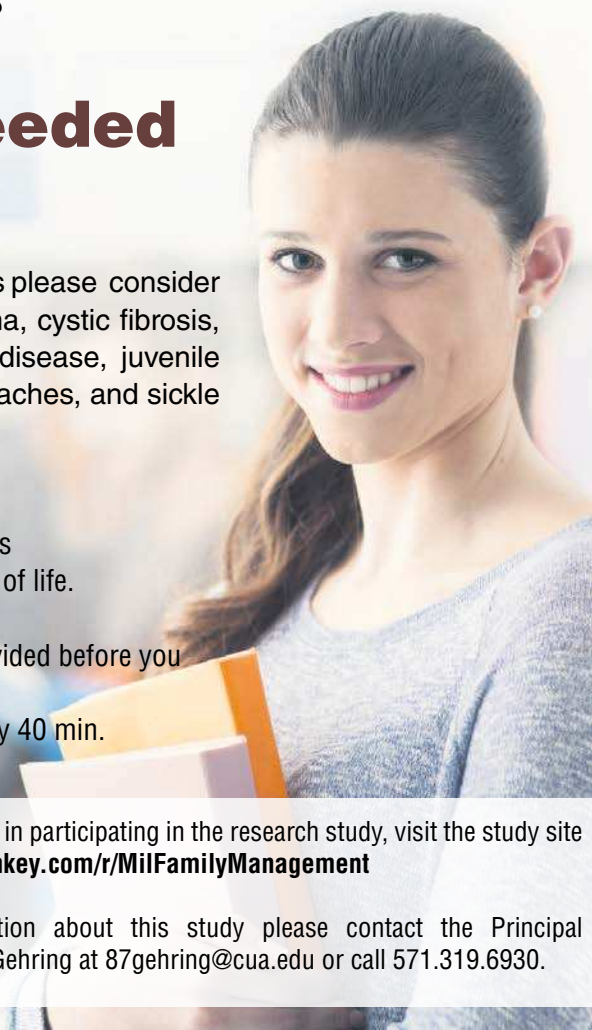
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DOGS

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impact on their lives and those of others.

“After veterans returned from Iraq and Afghanistan, [our] handlers started volunteering their time to work with the dogs,” O’Connor said. A certified dog trainer, O’Connor explained the structured time built within the schedule of each service member who works with the dogs provides them with a healthy release.

Each of the dogs were originally bred and specifically trained to be service dogs for the disabled, O’Connor added. Their diverse backgrounds as service dogs prepared them for the additional two years of training in animal-assisted therapy before they could become a military hospital facility dog.

Another unique trait about the dog program is a majority of the handlers are active duty military in the Navy, Army, Air Force, or Marine Corps, working alongside civilian handlers and professional guides to train and care for the facility dogs.

In total, the dogs work about 250 hours a month. Dependent upon the dog’s temperament, each is assigned to a different post around the base. They may be found in otolaryngology, pediatrics, the neurosurgery clinic, resiliency service, behavioral health, the John P. Murtha Cancer Center of Excellence, as well as at the Uniformed Services University of the Health Sciences (USU).

Marshall Peters, who works at WRNMMC, volunteered as one of the first dog handler while still on active duty as a Navy corpsman. He expressed appreciation for the “loveable dogs” in the canine program.

“Three adjectives describing the impact the dogs have on whoever comes in contact with them are restorative, joyful, and inspiring,” he said.

For more information regarding the WRNMMC Facility Dog Program, contact the Program Director Patricia Barry at 301-295-7895, Amy O’Connor at 301-319-4447, or check out each of the dogs personal Facebook pages.

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Elvis Presley releases “Hound Dog”

Aug. 5, 1958

Atomic sub USS Nautilus completes 1st trip under North Pole

Aug. 6, 1945

Atomic bomb, Little Boy, dropped on Hiroshima by “Enola Gay”

Aug. 7, 1990

Desert Shield begins — U.S. deploys troops to Saudi Arabia

Aug. 8, 1945

President Harry S. Truman signs United Nations Charter

Aug. 9, 1945

U.S. drops 2nd atomic bomb “Fat Man” on Japan destroys part of Nagasaki

Aug 10, 1944

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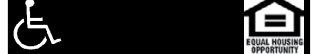
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